About battered women

What can a battered woman do?

The first step for a woman to take is to admit to herself that she is being abused and that she is not being treated fairly. She has the right to feel safe from physical harm especially in her own home.

A woman needs to talk to people who can help. Good friends can lend support and guidance. Organizations that are devoted to women's concerns and not bound by society's traditions can assist her. There are emergency shelters for women, hotline, women's organizations, social service agencies, community mental health centers, domestic relations courts, and hospital emergency rooms are all possible sources of support.

Wife abuse is one kind of family violence that probably occurs far more often than most people imagine. The tragedy is that many women suffer this abuse for years without getting help. A woman who has been abused over a long period of time is afraid. Not only is she afraid that she, herself, will be seriously hurt, but if she has children, she fears for their safety also. The abused woman is apt to develop doubts about herself. She might wonder if she is justified in fearing for her life and calling herself an "Abused Wife." She may feel guilty, even though she has done nothing wrong. Battered women have a tendency to place the shame and blame on themselves -- instead of the abuser. The longer she puts up with the abuse, the less she likes herself. Many battered women feel that they are a failure as a woman and in their marriage. They have a real feeling of being trapped and powerless.

No social class is exempt from the battered woman syndrome. Wife abuse occurs in wealthy as well as in poor communities -- in middle class as well as in working class families. Over the years, it has been tolerated by those who govern community affairs, the courts, medicine, psychiatry, police, schools, and the church. Many husbands who abuse their wives have learned that violence, especially against women, is O.K. They often were abused themselves as children or saw their mother abused.

A wife abuser tends to be filled with anger, resentment, suspicion and tension. The abuser usually is a very insecure person who feels like a loser. He uses violence to give vent to the bad feelings he has against himself. The wife becomes the target of his vengeance and he gets the satisfaction he is looking for.

Familiar patterns of wife abuse are: Tension building, explosion or the actual phase and the loving phase. Tension builds over a series of small occurences. Examples: A wife's request for money, her refusal to do all the household chores without her husband's help, serving a meal that does not please the husband, or a similar incident. The wife may become the object of such assualts as: punching with fists, choking, kicking, knifing, slamming against the wall, throwing to the floor, or shoving down the stairs. Threats with guns have been reported. When the beating is over, the couple move into the third phase. The batterer feels guilty about what he has done. He is sorry and may become loving toward the wife. He assures his wife that he will never do anything violent or hurtful to her again. The wife wants to believe him. However, without professional help, the tension building and the beating may continue.

Jennifer Baker Fleming, in her book, "Stopping Wife Abuse," suggests the following attitudes for battered women:

- I am not to blame for being beaten and abused;
- I am not the cause of another's violent behavior;
- I do not like it or want it;
- I do not have to take it;
- I am an important human being;
- I am a worthwhile woman;
- I deserve to be treated with respect;
- I do have power over my own life;
- I can decide for myself what is best for me;
- I can make changes in my life if I want to help me;
- I am not alone. I can ask others to help me;
- I am worth working for and changing for;
- I deserve to make my own life safe and happy.

The battered wife syndrome is closely related to the battered child syndrome. Most often it is found that the battering person has been subjected to child abuse in earlier life.

Let us strive to prevent child abuse through destruction of the battered wife syndrome. Community support systems are preventive measures used in family strife situations. Each of us, you and I, have the moral responsibility to strive to prevent abuse of another person.

Counseling for prevention of child and wife abuse is available through Appomattox Social Services Department, Mental Health Services, and Juvenile Court Services for Appomattox County Citizens at the present time.

MARY FRANCES BRYANT, member of the Woman's Club of Appomattox is shown holding Jefferson Cup won by the club for having the largest number of club members present for the Fall District Meeting of the Alice Kyle District of the Virginia Federation of Women's Clubs. The meeting was held at the Brookneal Baptist Church with the Brookneal Woman's Club as hostess. The Appomattox club had 14 members present for the meeting.

Researchers using interferon to treat MS patients

Ever kicked something, tapped it with a hammer, or shaken it and found that you've "fixed it" without quite knowing how?

Medical researchers using interferon to treat multiple sclerosis have experienced somewhat the same feeling.

In a trial involving injections of interferon -- an antiviral substance the body makes naturally -- 15 patients with a particular type of multiple sclerosis called "relapsing-remitting" showed improvement. They had fewer and milder attacks of the disease, and some had none at all during treatment.

Puzzled doctors don't know why, nor do they understand why the same treatment did nothing to help people with chronic-progressive cases of the disease.

"We don't know exactly how interferon works, or whether it has any real therapeutic value in multiple sclerosis," says Dr. Robert L. Knobler, Jefferson Medical College neurologist. "our rationale is that interferon may suppress the abnormal immune responses we think are involved in multiple sclerosis attacks. Or, because it's an antiviral agent, it may be reducing the frequency of common viral infections that sometimes precede these exacerbations."

Dr. Knobler stresses that the findings are preliminary and that confirming studies must be done before interferon can be considered a treatment for multiple sclerosis, a neurological disorder of the central nervous system that most frequently strikes young adults.

The study reported in the October NEUROLOGY was conducted by three major California medical centers. It was funded in part by a million-dollar contribution from the National Multiple Sclerosis Society and was also supported by the National Institutes of Health and private foundations.

Multiple sclerosis is thought to attack when the body's immune system malfunctions and attacks the myelin sheathing that covers and protects the nerve fibers of the brain and spinal cord. Destruction of the myelin insulation distorts and interrupts brain commands, resulting in muscular weakness, pins-and-needles sensations, blurred vision, loss of coordination, bladder and bowel problems, and sexual dysfunction.

Serious forms of the disease can result in paralysis. Multiple sclerosis affects about 250,000 Americans. No cure has yet been found.

Interferon, which is now produced by genetic engineering, is a substance scientists think may be the ultimate answer to cancer, also suspected of being caused by viruses.

At present, approximately a dozen trials of different types of interferon are being conducted world-wide for patients with multiple sclerosis.

For information on multiple sclerosis and services to MS persons, contact the Blue Ridge Chapter at P. O. Box 6808, Charlottesville, VA 22906 or 45 Reserve Avenue, Roanoke, VA 24016.

Zoning issues

(Continued from page 1)

commissioner of the revenue reported that "due to a change in reassessment, Appomattox County picked up approximately $2,000 in railroads and utilities.

"Personal property has seen a jump due to the influx of mobile homes and of machine and tools at Thomasville," Mays added.

Virginia Babcock, director of the Appomattox County Department of Social Services appeared before the board with Richard Carter, member of the Advisory Group to the Job Coordinator for the Social Services Department, recommending that "a basic plan for employment, including identification and training, be developed in Appomattox County."

The advisory group has met twice since being appointed and has recognized areas where services are being duplicated and where existing agencies which would provide certain services are not knowledgeable of what is taking place. A basic plan would provide structure for meeting the employment needs of Appomattox County.

Social Notes

Mr. and Mrs. George Craddock and sons Eddie and G. W. Craddock of Virginia Beach spent the weekend in the home of Mrs. Janie Chernault of Church Street, Appomattox.

Mr. and Mrs. Robert Craddock of Virginia Beach spent the weekend with Mrs. Edna Anderson. They attended the Historic Railroad Day Festival.

Mr. Robert Chernault of Alexandria is visiting his mother, Mrs. Janie Chernault.

Fultons announce birth

Mr. and Mrs. Jon L. Fulton proudly announce the birth of a baby girl, Jessica Lenoir on Sept. 15, 1984, weighing 6 pounds and 7 ounces.

Maternal grandparents are Mr. and Mrs. Howard C. Phelps. Great-grandmothers are Mrs. Enid Phelps and Mrs. J. W. Childers, all of Appomattox.

Paternal grandparents are Mr. and Mrs. Sam R. Fulton of Cincinnati, Ohio.

Great-grandaoarents are Mr. and Mrs. I.M. Ellis of Black Mt., North Carolina and Mrs. Charles Darby Fulton of Nashville, Tennessee.

Homemakers slate meeting

The Town and Country Homemakers Club will meet on Tuesday, Oct. 23 at 10 a.m. in the extension office.

Mrs. Barbara Williams will give a talk on "Know Your Candidates."

Each member is asked to bring a covered dish for lunch.

Young Hearts Club to meet

The Young Hearts Club will meet on Wed., Oct. 24 at 10:30 a.m. at the Memorial United Methodist Church. This is the first meeting after a three month vacation, so members are urged to attend.

Members are reminded to bring their musical instruments.

HARVEST SALE

SHOE SALE
Assorted Styles By 9-West, Bass, Dexter, Connie
Reduced Up To
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Colors: White, Pink, Yellow
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MEN'S HAGGAR SLACKS
Size 30 - 42 Waist
Corduroy, Flannel, Wool, Polyester Blends
Value To $28.00
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ARROW & OSA
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SHIRTS Reg. $15.00
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TRIANGLE PLAZA SHOPPING CENTER HOURS: Mon. - Sat. - 10-6 — Friday 'Til 8 p.m.

Hello... my name is Miranda Toni

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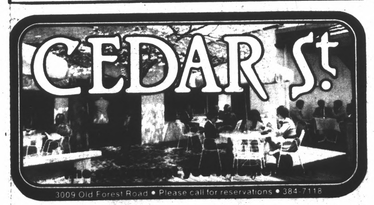

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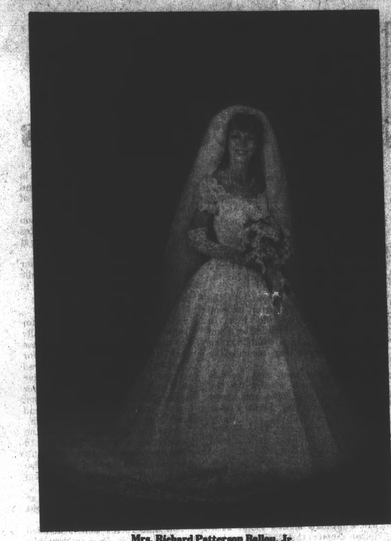

Mrs. Richard Patterson Ballou, Jr.
(Photo by Allen Austin)

Carson, Ballou wed

The marriage of Miss Jamie Kay Carson to Mr. Richard Patterson Ballou, Jr., was solemized Saturday, October 13, 1984 at four o'clock in the afternoon at St. Anne's Episcopal Church.

The bride is the daughter of Mr. and Mrs. Walter Henson Carson of Appomattox and the bridegroom is the son of Mrs. Jean Thomas Ballou of Charlottesville and Mr. Ballou of Richmond.

The Reverend J. Harmon Smith, Vicar of the church, officiated at the double ring ceremony.

Vases of white gladiolis, starburst pompons, miniature carnations and gypsophilia and lighted candles on the alter formed the setting for the exchange of vows.

A program of nuptial music was presented by Mr. Harold Wright, of Lynchburg, organist; and Mrs. Paul Cave of Farmville, soloist.

Escorted by her father and given in marriage by her mother and father, the bride wore a floor length wedding gown of imported Chantilly lace over satin, fashioned with a molded basque bodice coming to points in front and back with folds of taffeta with lace insertion at the waistline; a salrina neck and sleeves which ended in points over the hands. The full skirt extended into a chapel train. Her three-tier imported French illusion veil extended to the full sweep of her train.

She carried a traditional all white cascading bouquet of roses, stephanotis, miniature carnations, starburst pompons and gypsophilia.

Attending the bride as maid of honor was Miss Tammy Garrison of Charlottesville and as matron of honor, Mrs. William J. Sydnor, of Lynchburg. The honor attendants wore floor length gowns of dusty pink chiffon over taffeta with long full sleeves and high neckline. They carried cascading nosegays of Rubrum lillies, starburst pompons, miniature carnations and gypsophilia.

David West Lain of Louisa served as best man and usher; and Thomas Arthur Lane of Scottsville served as usher.

Miss Katie Powell and Miss Laura [illegible] attended the guest book.

Following the ceremony Mr. and Mrs. Carson were hosts for a reception at their home on South Church Street.

After a southern wedding trip, the couple will reside at 5992 Sugar Bush Drive, Richmond, Virginia.

Birth is announced

Mr. and Mrs. Maymond Lewis Mitchell, Jr. proudly announce the birth of their son, Adam Lewis, On Oct. 5 at 10:24 p.m. in Virginia Baptist Hospital.

Adam weighed eight pounds and 15 ounces and was 21 and one-half inches in length at birth.

Maternal grandparents are Mr. and Mrs. L. Wade Adams of Pamplin. Paternal grandparents are Mr. and Mrs. Maymond Mitchell, Sr. of Appomattox.

Great-grandparents are Mrs. Alice Goin, Mrs. Grace Cunningham and Mr. and Mrs. Curtis L. Mitchell all of Appomattox.

Crews reunion set

Family and friends of the late John H. Crews and Rebecca Moore Crews will meet at the Appomattox Woodmen of the World building next Sunday (Oct. 21) for a family reunion.

A picnic lunch will get underway at approximately 12:30 p.m.

Jeffrey, Jones are wed

The marriage of Miss Denise Cecelle Jeffrey to Mr. Richard Allen Jones took place on Sat., Oct. 13 at two o'clock in the afternoon in Salem United Methodist Church in Spout Spring. The Rev. Willie Davis of Fairview Christian Church, Campbell Avenue, Lynchburg, officiated at the double ring ceremony.

The bride is the daughter of Mrs. Ann E. Jeffrey of Evington, and the late Lloyd R. Jeffrey.

The groom is the son of Mr. and Mrs. Harold Jones of Spout Spring.

The bride was given in marriage by Mr. Paul Layne, a close family friend.

Diane C. Scott, sister of the bride, was honor attendant. Other attendants were Dayle C. Mayberry, sister of the bride and Katherine Harris, sister of the groom, both of Lynchburg.

Dennis Jones, brother of the groom was best man. Ushers were Frank Jones and Ronald Jones, both brothers of the groom of Spout Spring.

The bride received an associate degree in Commercial Art from Central Virginia Community College and is employed at H.K. Porter Co. Inc.

The groom is currently attending Central Virginia Community College, working toward an A.A.S. degree in Business Management and is employed at Lynchburg Southern States.

Mrs. Richard Allen Jones

Davidson to celebrate 99th birthday

A reception to honor Mr. J. Crawford Davidson on his 99th birthday is planned for Oct. 21, 1984 at Hebron Baptist Church.

Friends and relatives are invited to stop by between 2 and 4 p.m. to wish him a happy birthday.

Mrs. Franklin celebrates 75th birthday

Mrs. Magnolia Brown Franklin was presented a surprise card shower at her residence on Oct. 8.

The family and freinds of Mrs. Franklin celebrated her 75th birthday.

The celebration was highlighted by the presentation of gifts for each year of Mrs. Franklin's life.

Fleshman reunion set

A reunion of the Fleshman family and descendants is planned for Sun. Oct. 21 at Hat Creek Club House.

Included are descendants of James Willis and Berta Whitehead Fleshman. They were the parents of 14 children. For information of the younger generation, among their children were Mrs. Mildred Clarke, Mrs. Sallie Shorter, Mrs. Ada Marshall, Mrs. Eula Woolridge and Mrs. Nannie Fergyson.

Among the Fleshman sons were Willie, Rad, Grother, Elijah, Floyd and Albert.

Several other family members had no descendants. They included Alice and Betty.

To reach Hat Creek Club House from Appomattox, take 727 to Red House, turn right on 615 (West), left on 600 about six miles, right on 756 about one-half mile to the club house.

Bring a picnic lunch and beverage to share. Plates, napkins, cups and tableware will be furnished.

The activities of the day will begin at 10 a.m. Please plan to stay after lunch for fellowship and visiting.

Shower honors bride

Miss Dawn M. Deaner, bride elect, was honored with a miscellaneous shower on Oct. 6 at Hollywood Baptist Church.

Hostesses for the occasion were Mrs. Katherine Wingfield, Ms. Julia Wingfield, Mrs. Mary Ellen Watson and Mrs. Ruby Woodall.

The bride received many useful gifts. Fall colors were used as color scheme for the shower.

The marriage of Miss Deaner to Rodney Lee Smith will be an event of Oct. 26 at seven o'clock in the evening at Hollywood Baptist Church.

Garden Club sets meeting

The Appomattox Garden Club will meet for a salad supper Mon., Oct. 22, at 6 p.m. All members are urged to be present.

After supper, a workshop will be held, featuring all-occasion arrangements. The speakers will be the following members of the Club: Mrs. C.T. Moses, Jr., Mrs. Richard Robinson, Mrs. Reid Shields, and Mrs. R.W. Sears.

The Supper and Meeting will be held in St. Anne's Parish Hall.

Birth announced

Mr. and Mrs. Jeffery A. Martin, presently residing in Spain, proudly announce the birth of their daughter, Andrea Nichole, born Oct. 6. She weighed seven pounds and five ounces at birth.

Maternal grandparents are Mr. and Mrs. Norman B. Gagneur of Appomattox. Paternal grandparents are Mr. and Mrs. Bennie Martin of Appomattox.

Great-grandparents are Daisy N. Doss and Emma McFadden of Appomattox.

U.D.C. slates meeting Thursday

The Appomattox Chapter of the United Daughters of the Confederacy will meet on Thurs., Oct. 18 at noon at the Country Fare Restaurant.

All members are urged to make plans to attend.

DANCE
Appomattox Moose Lodge 975
Music By E-Z-Street
Sat. Nite, Oct. 20, 1984
9:00 Til 1:00
MEMBERS: $8.00
GUESTS: $12.00
ADVANCE TICKETS AT LODGE
LODGE HOURS: 3 Til 10

$5 Reg. 6.99 Clutch

Fall Specials
$12
Reg. 16.97
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b. Black, grey, wine or navy

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